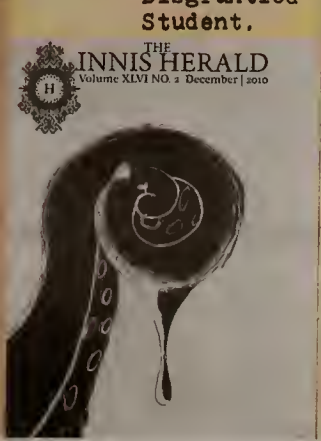
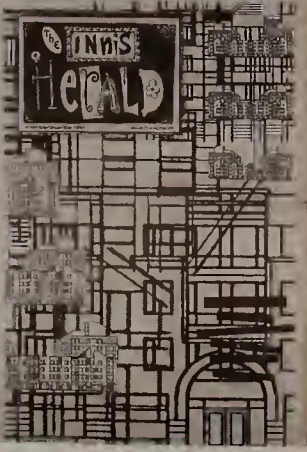
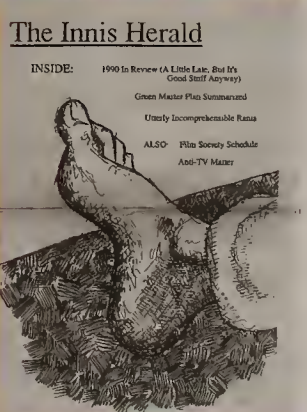
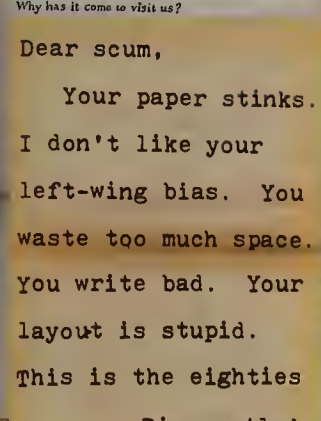
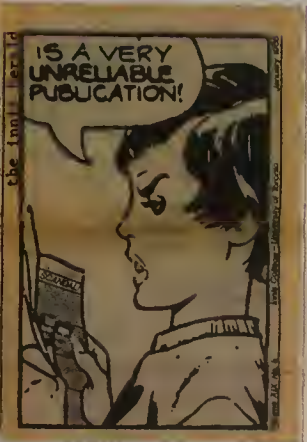
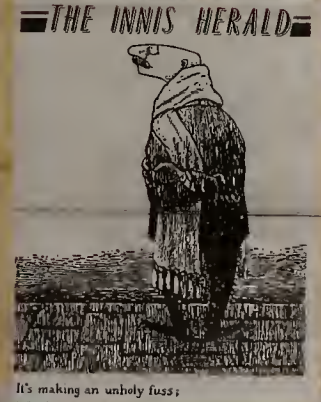
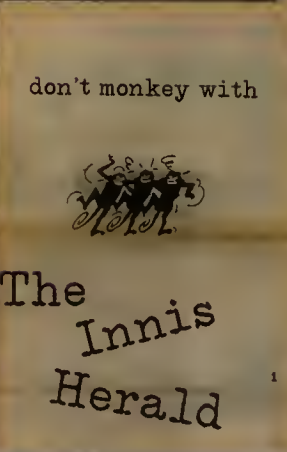
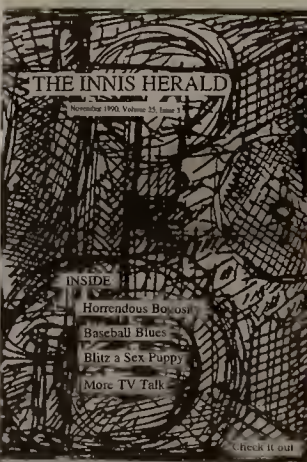
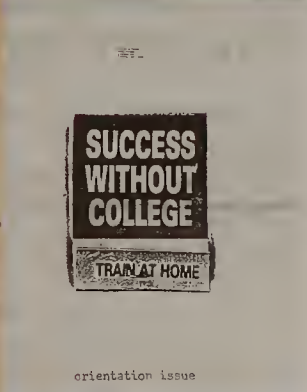
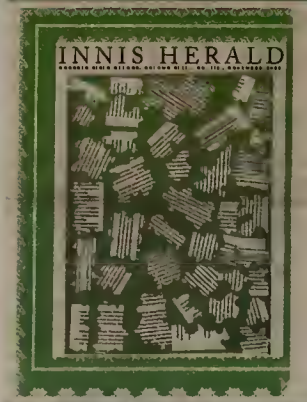


# THE INNIS HERALD



[Issue 1] The 50th Anniversary Edition 30 February 2015







*The first issue of the Innis Herald was published and distributed in 1965, just one year after establishing the College. In spirit of the 50th anniversary of the paper's creation, I had the pleasure of speaking to one of its first students, who reminded me the importance of looking back before moving forward.*

# Pioneering Innis: paving pathways at U of T

A conversation about well-used sarcasm, the outsiders at U of T, and an Innis dog named Harold

**Aneta Perehinets**  
EDITOR-IN-CHIEF

Robert "Bud" Patrick was a pioneer of Innis College, when it had no Constitution and only a few hundred students. We also owe him the credit of our namesake, the Innis Herald.

**Innis Herald:** Why did you decide to get involved in Innis College, right from your first year?

Robert Patrick: We were a small group- basically pioneers-and nothing was done ahead of us. We didn't have a Constitution, we had no paper. We looked around, and other colleges had their songs and their organizations and we decided to step up to it. We were just a small nucleus that had to keep the ball rolling.

**IH:** Did you keep a strong connection to Innis after graduating?

RP: I lost connection with Innis College after finishing up my degree. But in later years I got involved with the alumni association, and began to realize that because I was part of the material I had could all be lost.

**IH:** When you were in school, what was Innis like in comparison to other colleges around campus?

RP: I think because we were small, we had tremendous spirit. Because we lived in the "fishbowl" we had a limited common ground. I remember because we didn't have alumni before us, we didn't have a lot of funding. It was that sort of thing that made us feel different.

**IH:** Over the years, looking back at past issues of the Herald and listening to nostalgic recollections of the past, there seemed to have been the idea that Innis was a more "radical" College. Would you say this was the case?

RP: The fact that we were bringing in students from outside was quite different, and we decided to do a lot of things differently. Because we were small, in order to fill any sports team, there was tremendous spill over in using the same students for a variety of teams. We were the first to have a writing lab on campus, and the more we were

noticed for being different, the more we seemed to grow into it. The President of the College at the time, Ken Stone, ripped up his diploma on stage when he graduated- basically saying that this diploma wasn't worth the paper it's written on. That was even covered by the Toronto Star. So that kind of became symbolic of Innis College- that we weren't traditional. We were the first students to sit on the University Council. Those were some of the things that were looked at as radical, but it was just the environment. We were pioneers- nothing was impossible.

**IH:** You are responsible for our namesake, The Innis Herald. Can you tell me the story behind that?

RP: There was a contest to name the newspaper and I submitted the name The Innis Herald (a play on Harold Innis, of course). The prize was supposed to be a record, and my name was selected but I never did receive it. Roger Riendeau found out about that and about forty years later at one of the presentations here at Innis College, gave me the record. It was the most famous songs of the 1960's.

**IH:** Looking back at past issues of the Herald, I notice the attitude that seems consistent through the issues. It's been one of my favourite papers to read because it's just been a great mix of sarcasm and not taking itself too seriously.

RP: Yeah, we didn't take things too seriously, but we dealt with the pressing issues of the day. Not bigoted, closed-minded, or entrenched. However, if things required a certain amount of seriousness, they were addressed accordingly.

**IH:** How do you think your U of T experience would have been different if you had gone to any other college?

RP: Well, that's hypothetical, but I think I would have been lost. If I had been a body in a large college, I just would've been a pebble on

a beach. But being a first year student at Innis with about 295 students, there was so much more initiative to get involved. In a larger college, it wouldn't have happened. We personally contacted all the students coming into Innis the year after us to welcome them. Something like that just wouldn't have happened anywhere else. It was easy to find something you can attach yourself to. We also had a dog that was found and named it- as you can probably guess- Harold. We later found out it was a female dog, and we kept it quiet for a few weeks, until being forced to give her away.

*This interview has been edited and condensed for clarity and length.*



COURTESY OF GOOGLE IMAGES

## Free at U of T

### The mini student guide

Liana Ramos  
HERALD WRITER

#### MASTHEAD

**Editor-in-Chief**  
Aneta Perehinets

**Managing Editor**  
Alexander Fernandes

**Visual Director**  
Veronica Prokopovych

**Copy Editors**  
Gabriel Faucher, Jaren Kerr

**Photographers and Illustrators**  
Stephen Coady, Veronica Prokopovych

**Contributors**  
Hania Butter, Gabriel Faucher, Alexander Fernandes, Nyima Gyalmo, Maria Martine, Aneta Perehinets, Veronica Prokopovych, Liana Ramos, Sara Rebelo

The Innis Herald is a publication printed by Webnews Printing Inc.

After paying for tuition, textbooks, rent, transportation, and food, you may be asking yourself- where's the free stuff at U of T? There are many free resources available on the St. George campus, but you have to take the time to search for them. Here is a beginner's guide on how to get the most out of free stuff at the University of Toronto.

Here at Innis College, there is a writing center that operates out of rooms 315 and 321. There is free one-on-one help available from an experienced writing instructor for essays and assignments. To be eligible for booking an appointment, you must be an Innis College student, living in the Innis Residence or taking an Innis College course. Appointments often fill up quickly so be sure to plan ahead of time if you have a major assignment due.

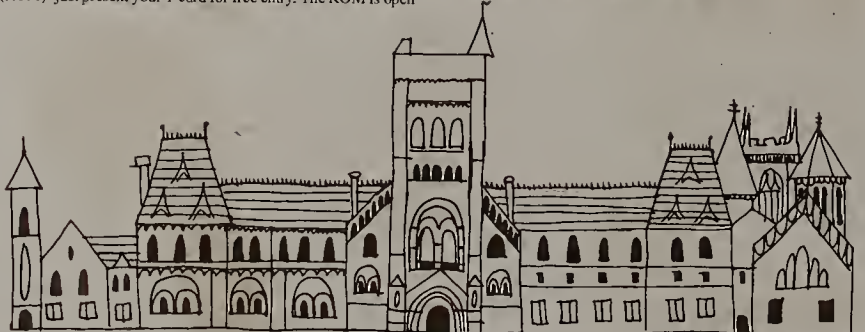
If you're craving some culture, there is a free offer close to campus. On Tuesdays, general admission for full time post-secondary students is free at the Royal Ontario Museum (ROM)- just present your T-card for free entry. The ROM is open

on Tuesdays from 10:00 am to 5:30 pm. Grab some friends and head over between classes to dig up some dinosaur bones.

Hart House is the largest student building on campus that holds a variety of weekly events to promote student wellness. As listed on the Hart House website, there are events such as Massage Mondays and Tea Social Tuesdays that run every week. Massage Mondays offers a free Shiatsu mini massage in the Hart House Chapel from 12:00 pm to 3:00 pm. Tea Social Tuesdays offers free tea and cookies in the Hart House Reading Room from 11:00 am to 1:00 pm.

There are many different resources available on the St. George campus, and this is just a short collection of options available. Explore U of T online and in person to see what other free opportunities you can discover.

*You can e-mail the most interesting ones to [herald@innisicss.com](mailto:herald@innisicss.com) to feature in upcoming issues.*



VERONICA PROKOPOVYCH/HERALD





# Talking with the exec: the leaders of the ICSS

Alexander Fernandes  
MANAGING EDITOR

This month I had the opportunity to sit down with ICSS President Ryan Lamers and Vice-President Khrystyna Zhuk to hear their plans for the semester, what they think differentiates Innis and the biggest issues they'd like to tackle.

**Innis Herald: How would you describe your roles on the ICSS?**

**Ryan Lamers:** Mainly being the first line of communication with students, faculty administration and other organizations on campus. Sometimes even with organizations external to the university. If the president is unable to be on the front line- given what that conversation is about- then he or she would then delegate that conversation to someone else that is better suited to handle it. A short summary is that the President is the one that talks to the different groups and makes sure it is the right people involved in the conversations. You come with a vision for how things should play out for the year and you explain it to the people you are working with and oversee how it kind of unravels.

**Khrystyna Zhuk:** I guess my job is sort of similar to Ryan's as I am always helping out with what is going on and attending a lot of meetings with other organizations. Internally, my job is to make sure other members are doing their jobs. But most of my job is working with the President.

**RL:** The VP is a versatile role that can assist in many ways. It's a make it your own kind of role, when something comes up, the VP kind of steps in and gets it done.

**IH: What kind of things do you want to accomplish in second semester?**

**RL:** Second semester specifically is the issue of free printing for Innis students, which should be running by February 1st. It's the big thing I've been pushing for because there's 2000 students here and not even half of them use the services that the University offers. So I'm trying to find a way students would be able to benefit from the fees they pay aside from social activities, and everyone needs to print assignments. The rest of the semester is dealing with the controversy around the UTSU. I'm making sure everyone around me is as informed as possible, so that when I leave they can continue on with it and move towards making the UTSU elections fair and democratic. Also, our website has not been great for a while, so we started overhauling it this year and its going to be done very soon.

**KZ:** Starting off with the UTSU, there's a committee that is being created to work with them and is comprised of representatives from colleges and different student groups that want to figure out a new board structure. I'll be sitting

on the committee representing Innis to make sure there is still College representation- something that was not proposed in the board restructuring that was voted down at the last AGM. In terms of here at the College, I'm going to be working with our VP-Internal to organize the first ever ICSS reunion for our 50th anniversary to share stories and such with ICSS alumni. In general, I would like to see our council be more involved with the different type of activism that goes on throughout campus. We have taken a stance on the End the Ban campaign on campus, for example. I think it's important for colleges to take a stand on these kinds of initiatives to show support. So I want to

and I learned ways that I could fix those things. But for me, it was more maturity and taking the time to grow up and learn to lead a group like this while properly interacting with different people on an everyday basis.

**KZ:** For me, being social director developed a lot of skills and connections that I could pass on this year. A big part is event planning, and I know I'll be here to lend a hand if needed. More generally, I feel the more you interact with council, the more you understand being professional and interactive in your role with students, admin and external connections that you acquire.

**IH: Why did you guys choose Innis when you applied to U of T and what makes it different from the other colleges?**

**RL:** I chose it because of my brother, who was an engineer living at Innis and loving the residence experience. I wanted the same sort of thing. Student parity is what makes the College different; students get 50 percent of the say when it comes to decisions being made College wide, on the Innis College Council. It's in the by-laws where its stated students are half the room in meetings, between faculty and us. Sometimes your judges should be students so that they can have a strong voice thanks to the numbers.

**KZ:** I chose Innis because I was in Rotman first year and Innis was the closest college to the U of T Rotman building. I didn't live in residence initially, so that didn't factor into my decision. As a commuter, convenience and proximity are what made my decision. That being said, I'm very happy that I chose here because we have a small and close community. We have had a very open and rebellious mindset, which creates a lot of diversity and acceptance. There isn't any hierarchy between students; you're sort of on an equal level with everyone. And from seeing other colleges interact, I know this is important. I think we are really lucky to be Innis students.



COURTESY OF ERIC VOSKO

see the ICSS be more informed and involved. Our students are giving positive feedback on our move with End the Ban and I'm going to see if there's anything else we can work with. We also now have access to Blackboard so that we can communicate with students, though a lot of it needs to be fixed and updated so students can have easy access to information from the ICSS, something I would like to improve this semester.

**IH: How do you think your past positions on the ICSS have prepared you for your current roles?**

**RL:** The general answer most people would give is that I learned how things would work, I was in the system for two years and I learned each year how things functioned. I saw a lot of mistakes

**IH: Do you have any final words or things to add?**

**KZ:** Get involved! We go to the best university in Canada and that comes with a lot of academic pressure, pushing a lot of people away from getting involved especially if you're a commuter. There's so much more out there, there's something for everyone. Take advantage of that because when else will you have the time to get out there?

**RL:** We pay a lot of tuition, and you only get fifty percent in the classroom so definitely do something else to really get the full university experience.

*This interview has been edited and condensed for clarity and length.*





# The ins & outs of Innis eats

The cheapest, closest and tastiest food options in the coldest season

Nyima Gyalmo  
HERALD WRITER

Finding places to eat on campus can often be tricky when you have to consider time, distance, money, nutrition and taste. Here are a few gems in close proximity that are worth a visit.

The Innis Cafe is a great start, located inside Innis College. It is one of the few places that combines great taste and affordability on campus. The menu is filled with simple meals that taste home-cooked including an all-day breakfast, lasagna, sandwiches, burgers, burritos and sides. A filling chicken burrito with a side salad only costs \$5.50. Gluten-free and vegetarian diets are also taken care of with a vegetarian burger and salad. The cafe also sells a variety of cold and hot beverages including freshly squeezed orange juice, smoothies, brewed coffee and tea. This place is a personal favourite.

However, Innis students also have a great advantage in the food truck scene. The best food trucks are always parked near Roberts or beside Innis College- Pita Express, Good Pho' U and Wokking on Wheels. Those who spend long hours incubating inside Roberts during midterm season can take a break and go to one of these trucks for filling and affordable meals.

Good Pho' U, a family based Vietnamese truck serves hearty pho garnished with classic items like lime, bean sprouts and basil, topped with thin slices of beef that will

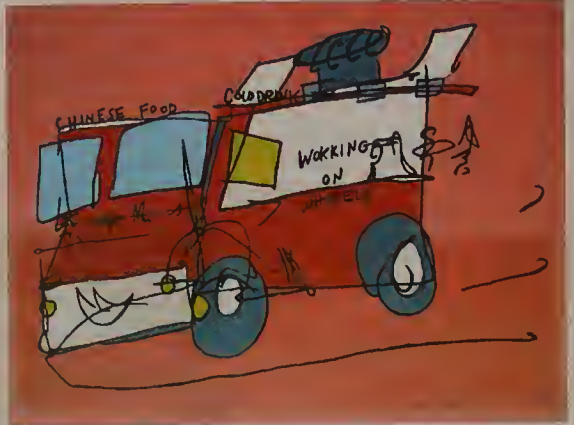
instantly reboot your system. That's at a cost of only \$5, and the same goes for their delicious Banh Mi sandwich.

Wokking on Wheels, the red truck, is a seven-day operation outside of Roberts library that has reliably been serving hungry students Chinese food for over two decades. My favourite thing to order is the fried vermicelli noodles with vegetables because I can make it into two portions. It's not the best, but is readily available.

Finally, El Furniture Warehouse, a Vancouver based restaurant located in The Annex, is a detour worth taking for their menu, where all food items are \$4.95. The dishes are tasty, filling and most come with side of fries or salad. Friendly staff also serves it in a relaxed setting.

Overall, these are my favourite picks. Innis Cafe is best for the early morning or lunch. They offer home-style food and are conveniently located. On the other hand, Wokking on Wheels offers meals throughout the day

until the late night. Good Pho' U is more of a treat, because the truck is not always parked at the same spot. For those who don't mind the walk, El Furniture Warehouse serves as a great escape with friends, for their tasty yet cheap food.



COURTESY OF GOOGLE IMAGES

# Deeper than beauty: the politics of fashion

Maria Martinez  
HERALD WRITER

I recently visited Design Exchange's (DX) Politics of Fashion | Fashion of Politics exhibit. Fashion and politics is an unlikely combination for many. However, when considering the display of runway feminism, the overlap is more prevalent than perceived. The DX exhibit aims to take the often trivialized fashion industry and examine how it intersects with politics, which then influences our everyday lives and vice versa. Beyond the clothes, styles and trends, fashion is an active agent in creating and perpetuating the many complicated social relations of our world.

The exhibit is laid out in sections in an attempt to organize and label the different ways politics are understood. "Ethics and Activism" contains displays on FEMEN and PETA, alongside a Nick Knight short film on racism in the industry. The film stars Naomi Campbell, an iconic black model who herself has spoken against racism in the fashion industry, particularly concerning the underrepresentation of black models. Nick Knight is a white British photographer who in this film voices his disgust with fashion's racism and his refusal to ignore it. He displays Naomi armed with a machine gun, shooting with indignation and laughter — perhaps at fashion's racists. However, Naomi Campbell did not walk in Chanel's SS'15 show and in fact, only 4 of the 86 models present were black, and only 14 of them (16%) were non-white. Considering how Chanel's creative director Karl Lagerfeld chose to organize the show around the strength of feminism, it is concerning that the feminism is not consistent within all races. There are social consequences to the power Lagerfeld holds in directing a major fashion house like Chanel and co-opting feminism in this non-diverse way. Nick Knight's film came out in 2008, and 6 years later the numbers prove that nothing has changed.

Similar to the way Lagerfeld has co-opted feminism and decontextualized it for the sake of fashion, other brands often take significant cultural artifacts and erase their origins, labelling them as "trends." We often see stores labelling certain prints as 'tribal,' in which generic shorts, dresses, pants and crop tops are presented ready for purchase- never naming which 'tribe' the company is erasing and profiting from. In Rick Owens' Fall/Winter 2014 menswear show, some of the models wore headwear which style.com describes as "cashmere head wraps that

symbolized benevolent nuns." However, as Complex magazine notes, these look strangely more like du-rags, emblematic of black fashion and seen worn by rappers like 50 Cent. Fashion is notoriously guilty of refusing to cite its sources.

The "Gender and Sexuality" section holds the salmon Jean Paul Gaultier bustier dress (1988) that became the source of Madonna's look for her Blond Ambition tour (1990). The dress allows us to examine the history behind Madonna's insistence on a new brand of femininity and women's sexuality by chronicling her constant reinvention of what she believed was the standard. The use of fashion in this sense was her way of expressing her identity while also allowing fashion to creep into pop culture. On a larger scale, it addresses fashion's potential as a method of personal expression and identity performance for everyone. We can explore and express our identities in the forms we choose to dress - fashion gives us an opportunity to be read and understood. The JPG dress also speaks to the legacy of fashion and the power it holds to extend into popular culture.

There's a scene in *The Devil Wears Prada* where Andy (Anne Hathaway) scoffs at two blue belts the editorial team is trying to choose between: "It's just that both those belts look exactly the same to me." Miranda Priestly (Meryl Streep) turns to her, offended, and challenges Andy about what she thinks she knows about the fashion industry. She responds, "you think this has nothing to do with you. You go to your closet and you select... that lumpy blue sweater [...] But what you don't know is [...] that blue represents millions of dollars and countless jobs... you're wearing the sweater that was selected for you by the people in this room from a pile of 'stuff'"

I can't do Streep's acting justice on paper, but the movie asks us to question what we think we know about fashion, our world, and ourselves. Politics of Fashion does the same and we must remember every item of clothing, magazine and runway show is laced with meaning and politics. The clothes hanging in our closet and laying on our floor can tell stories, often of ourselves but sometimes more complicated ones, beyond aesthetics and vanity.



COURTESY OF THE DESIGN EXCHANGE

Would you like to submit an editorial or thought piece to the Herald? E-mail [herald@innisicss.com](mailto:herald@innisicss.com)





# The year in music: a replay and fast forward



VERONICA PROKOPOVYCH/HERALD

Gabriel Faucher  
HERALD WRITER

Music in 2014 has been filled with a mix of critical favourites, record-breaking mega sellers, and a couple of albums that were a combination of both. The second best-selling album of the year was the *Frozen* soundtrack, which spent 13 weeks as Billboard's number one album, selling 3.7 million copies to date. Not much more needs to be said about this other than that the majority of its purchasers

were children who have plagued the world with their individual renditions of "Let it Go" - not to mention a few teens and adults.

Beyoncé's self-titled album was also vastly successful and reached number one with the lead single "Drunk in Love." The success of the album was most likely due to the buzz around her decision of not promoting and then releasing it without an official single. Both albums were released in 2013 but carried over most of their sales into 2014. They were also nominated for multiple Grammy awards and let's be honest - will probably win.

Taylor Swift's album, 1989, was also quite popular in 2014 and was arguably one of the most anticipated albums in the sphere of popular music. Interestingly enough, Taylor Swift paired with Max Martin and Shellback for the album, a Swedish song writing duo that have been responsible for writing many Top 40 hits in the past decade, extending back to the career of the Backstreet Boys. The pair was involved in writing the album's flagship single, "Shake it Off."

In the realm of lesser-known acts, Beck has returned to the musical scene with his first solo album in 6 years, *Morning Phase*. The album was more of a folksy, introspective production, harkening back to 2002's *Sea Change*, and was in fact considered a companion piece to *Sea Change*. The album debuted at number 3.

My personal favourite album of the year was local band Death From Above 1979's *The Physical World*. Because genre is so hard to place these days, I'm going to classify the album by the two most entertaining genres I've seen it placed in, which are "dance punk" and "noise rock." The album was filled with a fantastic energy and a frenetic merging of percussion and intricate guitar work.

Finally, an artist to look out for this year is Milo. He recently released the brilliantly titled *A Toothpaste Suburb*. Personally, I preferred his previous work *Things That Happen at Day/Things That Happen at Night*, but the album is still phenomenal. In it, he continues the same art-rap/spoken word style that he is known for, but also encroaches more upon the territory of psychedelic and trip-hop. Frankly, the world could use more exposure to his work.

*Artists to look out for in the future: Kendrick Lamar, Walk the Moon, and Imagine Dragons all have upcoming or recent releases (supposedly) and would all absolutely be worth your time.*

## Casting a spotlight on the unseen

The best under-appreciated films of 2014

Alexander Fernandes  
MANAGING EDITOR

In 2014 the film industry was hit with some of the lowest total box office sales in the last two decades, forcing smaller independent films to fall below the radar of most. They were unseen and underappreciated, yet all were very well-crafted, telling amazing stories accompanied by some of the best and unrecognized performances of the year. If you want to see a good film that you can be the first in your friend group to discover, try checking out some of these titles:

### *Enemy*

This film reunites the stunning partnership of Jake Gyllenhaal and director Denis Villeneuve who came together for the 2013 film *Prisoners*. *Enemy* is about a Toronto-based history professor who discovers he has a doppelganger in the form of a bad-boy film actor. Of course, turmoil ensues once the two cross paths after the professor essentially stalks the actor to find out more about him. Gyllenhaal plays both roles beautifully in some of the best work of his career and Villeneuve expertly crafts the film with creepy set pieces (a giant tarantula as an example) and he uses Toronto streets as an amazing set piece which will resonate well with U of T students.

### *Starred Up*

Thanks to the film *Unbroken*, Jack O'Connell was introduced to American audiences this year in a widely screened studio film.

However, a much stronger performance was given in *Starred Up*, a film about a 19 year-old from a juvenile detention facility who is transferred to the same adult prison as his estranged father. The director was able to balance rough violence with surprisingly delicate emotional moments that were guided greatly by O'Connell's stunning performance.

### *Obvious Child*

This film stars relatively unknown actors but will guarantee be the funniest indie film you see all year. A young woman in her twenties who works as a stand-up comedian gets pregnant after a one night stand and is pushed towards getting an abortion. The event forces her to rethink her life and independence in a witty and light manner while still tackling important issues. Strong performances and a riveting plot drive this movie to be a must-see among youth.

### *The Immigrant*

Academy award winner Marion Cotillard stars in this film, delivering one of the best performances of the year. Despite her being nominated for an Oscar for *Two Days One Night*, (her other 2014 film) this performance is much more powerful. She plays a Polish immigrant who comes to New York City only to fall into the hands of Bruno Weiss, a pimp, played amazingly by Joaquin Phoenix. The film chronicles her time in lower Manhattan with sketchy characters and boasts some of the best angle work achieved by a director this year-specifically in the film's final scenes. It's a shame virtually nobody has seen or heard about the film, despite its well-known stars.



COURTESY OF GOOGLE IMAGES





# Watch one, watch all

## A personalized TV show guide

Hania Butter, Veronica Prokopovych  
HERALD CONTRIBUTOR & STAFF

There is no better way to escape from the stress of school than with television. Some shows provide light comic relief, and others beg to be binge-watched. Here are our suggestions of great shows for any audience:

**Gotham**- The Comic Book Favourite  
If you're a fan of Batman, crime, and action, then this show is definitely for you. The show is both visually appealing and true to the original story, making it a potential hit in the eyes of any viewer. Gotham, as you may already know, is the corrupt city where Batman resides and fights crime, although the vigilante won't make an appearance in the show. It instead chronicles the life of James Gordon, a soldier-turned cop who administers justice. What separates it from most entries into the "Batman" franchise is the exploration into the city of Gotham before Batman came along, while focusing the story on the post-murder of his family. It is well written, driven by strong performances and is a definite recommendation even for those who are unfamiliar with the world of Batman.

**Orphan Black**-The Dark Addiction  
This series has gained phenomenal success mainly due to Tatiana Maslany's performance where she plays half a dozen characters. The series follows twenty-six year old Sarah Manning, who gets a glimpse of a woman right before she jumps in front of a train—a woman who looks exactly like herself. From there she finds out that she is a clone and there are several more of them. The show then focuses on the lives of the clones and how their stories interconnect, specifically their connection to a creator, the Dyad Institute. Suspense and action is around every corner with Sarah trying to protect her daughter and everyone around her. The show is expertly made and highly addictive so if you choose to watch I suggest it should be after midterm season.

**Ultra Rich Asian Girls** - The Shorter Kardashian Substitute  
Though not a TV show, *Ultra Rich Asian Girls* is a mini reality web series on YouTube focusing on, you guessed it - the lives of four ultra-rich Asian girls, who live in Vancouver. It reminds me of *Keeping Up with the Kardashians* but much funnier and somewhat more

ridiculous. The girls engage in senseless conversations and take spontaneous excursions to private islands on helicopters. It sounds terrible but there's just something about scrutinizing and laughing at the elite that we can't help but like.

**Game of Thrones** - The Crowd-pleaser  
The latest season has got to be the most shocking and satisfying yet. The build-up has been gradual so I recommend binge-watching this show on a weekend before you have a bunch of things due (just kidding, but it'll probably happen). In all seriousness, however, there are many characters and simultaneous plotlines, which requires some concentration. Although it's probably not the best idea to watch it with parents because of the occasional sex/brothel scene, it has a bit of something for everyone including action, drama, and fantasy. As the noble families fight for the iron throne you'll find yourself falling in love with unexpected characters and passionately cursing others.

**American Horror Story** - The Niche Audience  
If you're into haunted houses, insane asylums, witches, freak shows or Ryan Murphy pushing the limits of what's shown on television, this is the show for you. The coolest thing about it is that the cast is recurring with only the characters, locations and storylines changing from season to season; this means that you can start with any season out of order with no confusion. If you can stomach a *Walking Dead* level of horror then it won't be too scary either. The show is dramatic, mysterious, clever, romantic at times, and full of surprises. It's also roughly based on historical events with chilling twists. I personally recommend seasons 1 and 3. In fact, I'm probably going to go re-watch season 1 right now.

**Parks and Recreation** - The Comic Relief  
As this show enters its seventh season, it's time to give credit where it is due. *Parks and Recreation* is hilarious, light and easy to pay attention to even if it plays in the background. The beloved Amy Poehler will win over the heart of any viewer as she plays the determined yet naïve head of the Parks department. Although many viewers may not know the first thing about a government run division, the characters' daily lives and problems make the plot all the more original and interesting to observe. This sitcom is similar to *The Office* but less awkward and more relatable in its modern personalities of the characters.



COURTESY OF GOOGLE IMAGES

# Why is this still a thing?

## The flower wreath/headband edition

Sara Rebelo  
HERALD WRITER

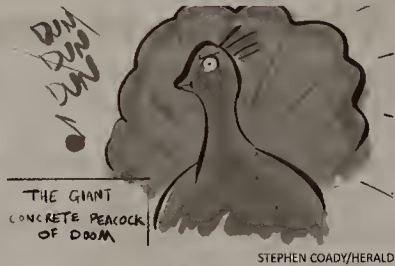
The column in which we question some seemingly out-dated or outrageous traditions and conventions of modern-day society

The humble beginning of the floral wreath headdress parallels the mundane history of the modern 2014 woman still captivated by the phenomenon. With their simple beginnings in beautiful arrangements, these headdresses have tragically become the epitome of homogenized female convention. Although they have made a recent comeback in around 2011 (give or take a petal or two) we can locate the start of their reign as far back to the time of Ancient Greece, or even Jesus, who has been lightly referred to as

the first flower child. \*Fair to note that bestowed upon his head was a wreath of thorns, but part of the flower family none-the-less.

This look can more recently be attributed to the iconic artist Frida Kahlo who reinvented it throughout the 1930s and 40s as a way to reject the fashions of her modern counterparts and embrace a more traditional Mexican style. All you ladies still wearing these: Jesus and Frida are fairly hard acts to beat. The problem with this trend isn't that it's borrowed from an earthly nostalgic past, but rather that the specimens who are dragging this trend on have no understanding of the empowerment it brought women in the past. Instead we now observe these clones excessively wearing them all over music festivals like Coachella and Digital Dreams. The look no longer seems effortless as it did in the 60's when women wore these wreaths toposless with pants wide enough to hide a whole family - or, on

occasion, an entire village. Instead of raising these roses, daisies, and tulips with love and tenderness from seedlings to mature flowers, cutting them down and then mastering the art of weaving them one by one into a wreath formation, we now see girls skipping through the aisles of the dollar store buying synthetic flowers and pasting them together with a glue gun. So, who wore it better: Julius Caesar or modern day raver? Julius. 60's flower child hippie, or modern day hipster? The 60's babe. Queen Victoria, or your basic friend who only shops at Brandy Melville? The Queen. It's an unparalleled competition. But the real question is what are these gigantic wreaths meant to hide? What lies behind the headband? Why is this still a thing?



## Robarts Manhattan (300 calories)

Serve chilled

- Pour 2 shots of Canadian Club Whiskey
- Proceed to add 2 Red Bulls (god knows your all-nighter will need it)
- No Robarts Manhattan would be complete without the addition of Midterm tears
- Since there are no Maraschino cherries in sight, any improvised flavour of vending machine Welch's fruit snacks will do
- To avoid suspicion, this drink is best served in a Venti Starbucks cup

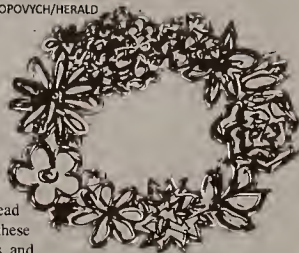
For added flavour, add grinded street meat from the vendors outside into the mix - it's all going to end up in the same place anyways.

Enjoy your 'Pea'cocktail!

## ICSS Social Calendar

February/March	
February 5th: Innis Herald Launch Party	
February 12: Valentine's Date Auction - Innis Cafe	
February 28: Formal	
March 17: St. Patty's	

VERONICA PROKOPOVYCH/HERALD







# Sugar-coated Glass

## Short Story

Gabriel Faucher  
HERALD WRITER

He had gotten the diagnosis when he was twelve years old.

The doctors told him there was nothing they could do, that his eyesight would worsen gradually over time. That it would eventually all be gone, like grains of sand out of an hourglass.

Except that it was his eyes.

They told him that he could wear glasses, of course, that it would slow the process, help him cling to his vision, like it was the string of a balloon, something concrete, something he could hold. There was always something you could do, of course. Even when it was terminal, there was some effort, some placebo that they gave to you. To make you feel like you were helping.

You weren't.

He still wore the glasses, though.

He had gotten the second diagnosis when he was twenty years old. Schizophrenia. They didn't sugarcoat it this time. They must have thought he was old enough to handle it, handle his own mind.

He had been handling it for twenty years.

"A mental disorder characterized by a breakdown of thought processes and by a deficit of typical emotional responses."

That was the explanation. Cold, efficient, medical. It made sense. It elucidated upon the situation. What it didn't explain was why the monsters in the closet were real, or why, every time he blinked, things were just a little bit different, just enough for him to notice. It was like the world was playing one long, drawn-out practical joke on him, moving furniture when he wasn't looking, and putting it back when he noticed.

And he dealt with it. They told him he was one of the luckier ones. That his case was manageable, that he would be able to blunt the symptoms with the cocktail of pills and therapies that he choked down on a daily basis:

He had thought they were done sugar-coating it. Maybe not, then.

And the glasses kept getting stronger, making up for the eyes that obstinately refused to put in their share of the work. And his therapist would use words like "hopeful", and "uplifting" when she talked about life, his especially. He had thought they were done sugar-coating it.

And it wasn't until he was twenty-four that he decided to fight back against his own-distorted reality. Maybe the frames on his face were there for a reason. They shielded

him from the world, in a way. They kept telling him it was all in his head.

Maybe he could keep it that way.

It was a Monday when he met with the optometrist. He remembered the day because of the color. The first one.

He remembered the crazy idea. It wasn't crazy to him, of course. Nothing about the real world was crazy compared to what his head could produce on and off command.

He thought that it would sound crazy to them, though. They didn't have to deal with the walls shifting slyly when they turned their backs on them. So when they said yes, he was surprised by something real for the first time. It took another two hours' worth of waiting, sitting patiently in the chair, watching the blurry world as if through a fishbowl, as they rearranged the round windows through which he viewed his everything.

And for the first time, he was happy that they were sugar-coating it for him.

Mondays were red from then on. It was a bright color, significant and brave. It was fitting for the first one. The world burned like a glorious kinetic bonfire.

Tuesdays were green, a vibrant color, a color that allowed him to look out of the window in his apartment and see a different view from everyone else. The high-rises were covered with illusive, viridian nature, teeming with imaginary life that he knew was there in reality, waiting to take them back over again and reclaim them after everyone left.

Wednesdays, pink. The brightest, softest pink they could provide. The phrase "rose-tinted glasses" came to mind every single time he donned this pair, and it fit. They made the Wednesdays something to look forward to, instead of a simple reminder that he was only halfway through the week. He could see the flowers of everyone else's thoughts with this pair, and the roses that bloomed everywhere, all around him. But only on Wednesdays.

Thursdays were yellow, a hot, dry color. It had been a good idea in his head. The taunting color that permeated through everything reminded him of the arid grains of sand, trickling out the bottom lids of his eyes, as they slowly emptied their contents into the air, their usefulness gradually disappearing forever. He dreaded the Thursdays, but refused to remove the color, on principle.

Fridays were a deep blue, the color of the ocean. They reminded him to calm down. They turned the raucous energy of his coworkers and the rest of humanity into

something slower, something more manageable. Shadows detached themselves from their owners as he walked down the street, swimming through the air like fish around his head, drawn like moths to his thoughts.

Saturdays were turquoise, the infinite color of the sky. The clouds were lower on Saturdays. Sometimes he would see them drift through his walls, crossing his room as he lay on his bed, watching the ceiling twitch. They didn't stay long, but would stop in to join him briefly, like unexpected guests. Saturdays were almost as alive as Tuesdays, but different. They floated airily by, sometimes passing all in a single moment, as if they were in a hurry to get somewhere, sometimes lingering, wandering without direction. They were cumulus days.

Sunday's pair were gold, a magnificent, comforting color. The sunlight that streamed in through his windows flowed like liquid, and even the air itself seemed warmer. He drank melted gold from the faucet, and breathed in aurelian air. His mind was quieter on those days. It rested with him, giving him a day's truce before they clashed in their weeklong stalemate again.

But it wasn't a stalemate. He was winning, slowly but surely. He had befriended the monsters in the closet, and the movement of his own shadow against his will no longer made him jump the way it had used to. They would join him for company, not competition; amiability, not animosity. His rainbow accompanied him wherever he went, sugar-coating reality for him, creating a barrier between himself and the subconscious that tried to thwart him at every turn.

And it was only on the Thursdays that he thought about how the very thing that was keeping him sane only existed because he was degrading.

Disintegrating.

Fracturing.

Shattering.

Like a pair of glasses, dropped off of the top of a building onto the cold, unyielding concrete. He was only reminded of how fragile a truce he had drawn with his own mind for a single day each week. And even then, he had the presence of mind not to think about what would happen when the glasses couldn't be made strong enough.

He was glad he could still sugar-coat it.

Submit a creative piece of work—a poem, short story, or photograph to be featured in the next issue of the Herald. A prize will be given to the selected owner of the work. Send all submissions in to [herald@innisicss.com](mailto:herald@innisicss.com) by March 1st, 2015.

INNIS, HAROLD





THE INNIS HERALD



All afternoon,  
it was obvious  
to me  
that things  
were not going so well.



the innis herald newsletter

Vol. 11, No. 11, 11/11/11

SPECIAL ABRIDGED EDITION



SIRJE'S  
SUNSHINE PERSON

LAUTENS LEAVES

DEMOCRACY...  
FINALLY

THE WRETCHED OF THE  
EARTH OR, HOW THE GRINCH  
STOLE CHRISTMAS



PLEASE ADVERTISE...  
PLEASE



HOW I WON THE STRIKE

THE  
INNIS  
HERALD



The Innis Herald



I'm TOO SEXY FOR  
THIS ELECTION



Hallowe'en Election '93

Innis Herald

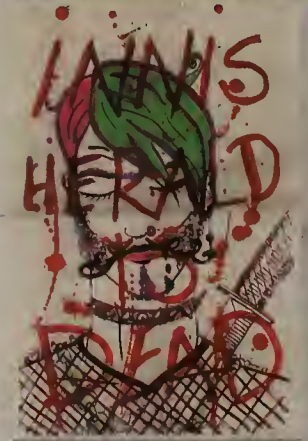
Volume XX, Issue 1, Innis College, U of T, Fall 1993

"I'm  
completely  
degraded  
in this  
issue"

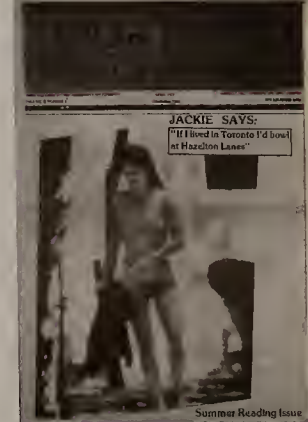
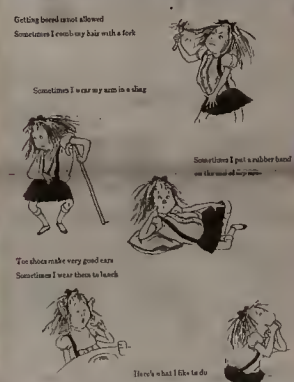
-- Ellen Ladowsky

INNIS HERALD

MONTHLY PEEK REPORT, VOLUME 11, NO. 11, OCTOBER 1993



THE INNIS HERALD



the innis ПРАВАДА

Volume XX, Issue 1, Innis College, U of T, Fall 1993

For Workers Revolution!

